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# A PLACE FOR MY HEAD

# ADHD

Thanks to Andrew for helping with this one

Attention Deficit Hyperactivity Disorder (ADHD) is neurological condition which affects people's concentration, impulse control and time awareness. People with a diagnosis of ADHD might be impulsive, forgetful, easily distracted without intending to be. It can be frustrating as people might struggle to focus on boring or repetitive tasks and they may give up easily. It might mean that people can become hyper focused on fun activities and forget the world around them. People with a diagnosis of ADHD might experience racing thoughts that they easily forget so they may interrupt others so that they don't forget their thought(s).

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## WHAT HELPS?

**Medication** can improve focus and functioning.

Listening to **quiet acoustic music**, it's like a mental fidget box which helps to concentrate.

**Organisation** such as to-do lists, calendars and diaries help to improve memory and keep on track

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## METAL SONGS ABOUT ADHD

**Branded By Pain** - ADHD

**Bring Me The Horizon** - Avalanche and Drown

**Nine Inch Nails** - Everyday Is Exactly The Same

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## RESOURCES FOR ADHD

The HMT website has 2 stories about Richy and Riikka's experiences living with and managing ADHD at [heavymetaltherapy.co.uk/stories](http://heavymetaltherapy.co.uk/stories)

·[www.adhdfoundation.org.uk/adults/](http://www.adhdfoundation.org.uk/adults/)

·[www.adhdcare.co.uk/?p=online.resources](http://www.adhdcare.co.uk/?p=online.resources)

·[www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/](http://www.mind.org.uk/information-support/tips-for-everyday-living/adhd-and-mental-health/)

**FOR MORE INFORMATION, PLEASE VISIT:  
WWW.HEAVYMETALTHERAPY.CO.UK**